



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

#### Detailed evaluation

Hempel, Thomas

Club: Volkssport  
Number: 606

Course: 43.50 km  
Marathon

Category:  
Männer M45

Total time: 5:26:35

Speed: 7.99 km/h  
Running performance: 7:31 min/km

Rank in course/Total: 98 (of 105)

Rank in course/Men: 87 (of 92)

Best time in course: 3:10:17

Rank in category: 13(of 13)

Best time in the category: 3:16:37

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	11.60	1:17:26	6:40	13	30:59	89	31:54	11.60	1:17:26	6:40	10	30:59	25	12:47
Lap 2	18.80	2:10:30	6:56	12	49:45	78	1:09:50	30.40	3:27:56	6:50	10	1:14:33	28	34:14
Last lap Finish	13.10	1:58:39	9:03	13	52:31	85	56:01	43.50	5:26:35	7:30	13	2:09:58	87	2:16:18